

ABSTRACT OF THE DISCLOSURE

The present invention is directed to systems and methods for providing exercise devices with motivational programming. The programming includes motivational content and control signals, synchronized with the motivational content, for controlling operation of the exercise device. The motivational content includes audio and/or video designed to simulate a group exercise setting and optionally instructional and educational content for the benefit of a user. The control signals can be carried in wireless carrier signals and can include bytes of data that define changes to the value of one or more operating parameters of an exercise device. The control signals can control one or more operating parameters of one or more exercise devices, whether at once, or device specific.

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